

Table 1. Demographic characteristics of the study population	
Age (years)	65.5 ± 1.2
Gender (male/female)	10/10
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/10
Marital status (married/divorced/widowed)	10/10/0
Smoking status (smoker/non-smoker)	10/10
Alcohol consumption (yes/no)	10/10
Comorbidities (hypertension/diabetes/cholesterol)	10/10/10
Medication (antihypertensive/antidiabetic/anticholesterol)	10/10/10
Family history (hypertension/diabetes/cholesterol)	10/10/10
Physical activity (yes/no)	10/10
Stress level (low/moderate/high)	10/10/10
Sleep quality (good/poor)	10/10
Depression score (0-10)	2.5 ± 0.5
Anxiety score (0-10)	3.5 ± 0.5
Life satisfaction score (0-10)	7.5 ± 0.5
Health-related quality of life score (0-10)	8.5 ± 0.5
Overall health status (good/fair/poor)	10/10/10

1 5. The method of claim 1, further comprising:
2 displaying further information on the shadowed event in response to user selection
3 of the shadowed event.

1 6. The method of claim 1, further comprising:
2 receiving user selection to provide a selected shadowed event with the user
3 scheduled event records; and
4 adding the selected shadowed event to the user scheduled event records.

1 7. The method of claim 6, further comprising:
2 displaying the information on the selected shadowed event as a scheduled event
3 record.

1 8. The method of claim 6, further comprising:
2 if the selected shadowed event is scheduled for a calendar time overlapping a
3 calendar time of a scheduled event record, then overriding the scheduled event record for
4 the overlapping time period with the selected shadowed event.

1 9. The method of claim 1, wherein the scheduled shadowed event is an event
2 for which payment must be received in order to attend the scheduled shadowed event.

1 10. The method of claim 9, further comprising:
2 displaying information enabling the user to selectively submit payment in order to
3 attend the scheduled shadowed event.

1 11. The method of claim 9, wherein the shadowed event is a member of the set
2 of events comprising: a theatrical production; movie; sporting event; entertainment; and
3 public speaking engagement.

1 12. The method of claim 1, further comprising:
2 maintaining a list of users in the database for which scheduled event records are
3 maintained; and

Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Marital status	
Married	78.5%
Single	21.5%
Education level	
High school or above	65.2%
Below high school	34.8%
Occupation	
Professional	12.3%
Managerial	18.7%
Technical	25.4%
Service	32.1%
Unemployed	11.5%
Income (USD/month)	
< 1000	15.2%
1000-2000	28.7%
2000-3000	35.4%
> 3000	20.7%
Health insurance	
Yes	89.1%
No	10.9%
Smoking status	
Smoker	22.3%
Non-smoker	77.7%
Alcohol consumption	
Regular	8.5%
Occasional	15.2%
Never	76.3%
Family size	
1-2	35.4%
3-4	42.1%
5 or more	22.5%
Chronic diseases	
Hypertension	38.7%
Diabetes	12.5%
Heart disease	18.9%
Stroke	5.2%
Other	24.8%

1 14. The method of claim 13, further comprising:
2 maintaining, for the shadowed user, a tracking list, wherein the scheduled event
3 records and current location of the shadowed user are only provided to tracking users on
4 the tracking list.

1 15. The method of claim 13, further comprising:
2 receiving a request from one tracking user on the tracking list for the scheduled
3 event records and current location of the shadowed user, wherein the scheduled event
4 records and current location of the shadowed user are provided in response to the request.

1 16. The method of claim 13, further comprising:
2 transmitting contact information indicating a communication channel to use to
3 access the shadowed user to one tracking user device enabling the tracking user to access
4 the shadowed user via the tracking user device.

1 17. The method of claim 16, wherein the contact information enables the
2 tracking user device receiving the contact information to communicate directly with the
3 wireless device of the shadowed user.

1 18. The method of claim 13, further comprising:
2 processing information on the current location of users in the database to
3 determine at least one proximate user whose current location is within a predetermined
4 proximate distance of the current location of the shadowed user; and
5 transmitting contact information to the tracking user wireless devices to enable the
6 tracking user to communicate directly with the wireless devices of the at least one
7 proximate user.

1 19. The method of claim 13, further comprising:
2 maintaining in the database fixed location information of fixed transmitters,
3 wherein the fixed transmitter includes a communication device;
4 determining proximate fixed transmitters whose fixed location includes the
5 current location of the wireless device of the shadowed user; and
6 transmitting contact information to the tracking user wireless devices enabling the
7 tracking user to access the communication device of the fixed transmitter.

1 20. The method of claim 19, wherein the communication device of the fixed
2 transmitter comprises a video camera streaming real time video of the fixed location,
3 wherein the contact information enables the tracking user wireless device to access and
4 render the real time video of the location.

1 21. A method for implementing a personal information manager in an
2 electronic calendar device for a user, comprising:
3 displaying scheduled records for a designated time period of the user in the
4 electronic calendar;

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5 providing scheduled event records for the user and information on shadowed
6 events of at least one tracked entity, wherein the scheduled event records are capable of
7 being scheduled at calendar times that overlap with scheduled shadowed events for the at
8 least one tracked entity; and

9 displaying information on the provided scheduled event records and shadowed
10 events for a time period, wherein a conflict signal is generated if scheduled event records
11 for the user are scheduled for overlapping time periods, and wherein the conflict signal is
12 not generated if at least one shadowed event record and scheduled event record for which
13 the information is displayed are scheduled for overlapping time periods.

1 22. The method of claim 21, wherein the tracked entity comprises an
2 organization or a person.

1 23. The method of claim 21, wherein the tracked entity comprises a person,
2 and wherein displaying information on the shadowed events further comprises displaying
3 location information providing a current location of the tracked person provided by an
4 electronic device with the tracked person transmitting location information.

1 24. The method of claim 21, wherein displaying information on the shadowed
2 events further comprises displaying contact information to enable the user to contact the
3 tracked entity using communication capabilities of the electronic calendar device.

1 25. A system for accessing calendar information comprising:
2 a computer database;
3 means for maintaining scheduled event records for users within the database;
4 means for maintaining information on shadowed events for a tracked entity;
5 means for providing from the database scheduled event records for a user and
6 information on shadowed events of at least one tracked entity, wherein the scheduled

7 event records are capable of being scheduled at calendar times that overlap with
8 scheduled shadowed events for the at least one tracked entity; and
9 means for displaying information on the provided scheduled event records and
10 shadowed events for a time period, wherein a conflict signal is generated if scheduled
11 event records for one user are scheduled for overlapping calendar times, and wherein the
12 conflict signal is not generated if at least one shadowed event record and scheduled event
13 record for which the information is displayed are scheduled for overlapping calendar
14 times.

1 26. The system of claim 25, further comprising:
2 means for displaying information on the shadowed events in a different manner
3 than information on the scheduled event records for the time period is displayed.

1 27. The system of claim 26, wherein the information on the shadowed events
2 is displayed as transparent text and the information on the scheduled events are displayed
3 as solid text.

1 28. The system of claim 25, wherein information on the shadowed events and
2 scheduled event records are displayed in different calendar panel views.

1 29. The system of claim 25, further comprising:
2 means for displaying further information on the shadowed event in response to
3 user selection of the shadowed event.

1 30. The system of claim 25, further comprising:
2 means for receiving user selection to add a selected shadowed event to the user
3 scheduled event records; and
4 means for adding the selected shadowed event to the user scheduled event records.

1 31. The system of claim 25, further comprising:
2 means for displaying the information on the selected shadowed event as a
3 scheduled event record.

1 32. The system of claim 30, further comprising:
2 means for overriding one scheduled event record overlapping a calendar time of
3 one selected shadowed event.

1 33. The system of claim 25, wherein the scheduled shadowed event is an event
2 for which payment must be received in order to attend the scheduled shadowed event.

1 34. The system of claim 33, further comprising:
2 means for displaying information enabling the user to selectively submit payment
3 in order to attend the scheduled shadowed event.

1 35. The system of claim 33, wherein the shadowed event is a member of the
2 set of events comprising: a theatrical production; movie; sporting event; entertainment;
3 and public speaking engagement.

1 36. The system of claim 25, further comprising:
2 means for maintaining a list of users in the database for which scheduled event
3 records are maintained; and
4 means for providing one shadowed event to each user in the list, wherein
5 information on the provided shadowed event is displayed by each user on the list when
6 displaying the user information on the scheduled event records and scheduled events.

1 37. A system for accessing calendar information, comprising:
2 a computer database;
3 means for maintaining scheduled event records for users within the database;

1 41. The system of claim 40, wherein the contact information enables the
2 tracking user device receiving the contact information to communicate directly with the
3 wireless device of the shadowed user.

1 42. The system of claim 37, further comprising:
2 means for processing information on the current location of users in the database
3 to determine at least one proximate user whose current location is within a predetermined
4 proximate distance of the current location of the shadowed user; and
5 means for transmitting contact information to the tracking user wireless devices to
6 enable the tracking user to communicate directly with the wireless devices of the at least
7 one proximate user.

1 43. The system of claim 37, further comprising:
2 means for maintaining in the database fixed location information of fixed
3 transmitters, wherein the fixed transmitter includes a communication device;
4 means for determining proximate fixed transmitters whose fixed location includes
5 the current location of the wireless device of the shadowed user; and
6 means for transmitting contact information to the tracking user wireless devices
7 enabling the tracking user to access the communication device of the fixed transmitter.

1 44. The system of claim 43, wherein the communication device of the fixed
2 transmitter comprises a video camera streaming real time video of the fixed location,
3 wherein the contact information enables the tracking user wireless device to access and
4 render the real time video of the location.

1 45. A system for implementing a personal information manager in an
2 electronic calendar device for a user, comprising:
3 means for displaying scheduled records for a designated time period of the user in
4 the electronic calendar;
5 means for providing scheduled event records for the user and information on
6 shadowed events of at least one tracked entity, wherein the scheduled event records are
7 capable of being scheduled at calendar times that overlap with scheduled shadowed
8 events for the at least one tracked entity; and

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Age (years)	Mean (SD)
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Married	78.5%
Single	12.3%
Divorced	8.2%
Widowed	1.0%
Education level	
High school or less	65.4%
College	34.6%
Occupation	
Professional	25.3%
Managerial	18.7%
Technical	15.2%
Service	22.1%
Unemployed	18.7%
Income (USD/month)	
< 1000	12.5%
1000-2000	35.8%
2000-3000	28.9%
> 3000	22.8%
Health insurance	
Yes	89.1%
No	10.9%
Smoking status	
Smoker	15.6%
Non-smoker	84.4%
Alcohol consumption	
Regular	8.7%
Occasional	21.3%
Never	70.0%
Family size	
1-2	32.1%
3-4	45.8%
5-6	18.9%
> 6	3.2%

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1 55. The article of manufacture of claim 54, further comprising:
2 displaying the information on the selected shadowed event as a scheduled event
3 record.

1 56. The article of manufacture of claim 54, further comprising:
2 if the selected shadowed event is scheduled for a calendar time overlapping a
3 calendar time of a scheduled event record, then overriding the scheduled event record for
4 the overlapping time period with the selected shadowed event.

1 57. The article of manufacture of claim 49, wherein the scheduled shadowed
2 event is an event for which payment must be received in order to attend the scheduled
3 shadowed event.

1 58. The article of manufacture of claim 57, further comprising:
2 displaying information enabling the user to selectively submit payment in order to
3 attend the scheduled shadowed event.

1 59. The article of manufacture of claim 57, wherein the shadowed event is a
2 member of the set of events comprising: a theatrical production; movie; sporting event;
3 entertainment; and public speaking engagement.

1 60. The article of manufacture of claim 49, further comprising:
2 maintaining a list of users in the database for which scheduled event records are
3 maintained; and
4 providing one shadowed event to each user in the list, wherein information on the
5 provided shadowed event is displayed by each user on the list when displaying the user
6 information on the scheduled event records and scheduled events.

1 61. An article of manufacture including code for accessing calendar
2 information of users in a database for presentation by a personal information manager by:
3 maintaining scheduled event records for users within the database;
4 maintaining information on a current location of wireless devices of users in the
5 database, wherein one user is associated with each wireless device; and

6 providing from the database scheduled event records and the current location of a
7 wireless device for a shadowed user to a device operated by a tracking user in the
8 database.

1 62. The article of manufacture of claim 61, further comprising:
2 maintaining, for the shadowed user, a tracking list, wherein the scheduled event
3 records and current location of the shadowed user are only provided to tracking users on
4 the tracking list.

1 63. The article of manufacture of claim 61, further comprising:
2 receiving a request from one tracking user on the tracking list for the scheduled
3 event records and current location of the shadowed user, wherein the scheduled event
4 records and current location of the shadowed user are provided in response to the request.

1 64. The article of manufacture of claim 61, further comprising:
2 transmitting contact information indicating a communication channel to use to
3 access the shadowed user to one tracking user device enabling the tracking user to access
4 the shadowed user via the tracking user device.

1 65. The article of manufacture of claim 64, wherein the contact information
2 enables the tracking user device receiving the contact information to communicate
3 directly with the wireless device of the shadowed user.

1 66. The article of manufacture of claim 61, further comprising:
2 processing information on the current location of users in the database to
3 determine at least one proximate user whose current location is within a predetermined
4 proximate distance of the current location of the shadowed user; and

5 transmitting contact information to the tracking user wireless devices to enable the
6 tracking user to communicate directly with the wireless devices of the at least one
7 proximate user.

1 67. The article of manufacture of claim 61, further comprising:
2 maintaining in the database fixed location information of fixed transmitters,
3 wherein the fixed transmitter includes a communication device;
4 determining proximate fixed transmitters whose fixed location includes the
5 current location of the wireless device of the shadowed user; and
6 transmitting contact information to the tracking user wireless devices enabling the
7 tracking user to access the communication device of the fixed transmitter.

1 68. The article of manufacture of claim 67, wherein the communication device
2 of the fixed transmitter comprises a video camera streaming real time video of the fixed
3 location, wherein the contact information enables the tracking user wireless device to
4 access and render the real time video of the location.

1 69. An article of manufacture including code for implementing a personal
2 information manager in an electronic calendar device by:
3 displaying scheduled records for a designated time period of the user in the
4 electronic calendar;
5 providing scheduled event records for the user and information on shadowed
6 events of at least one tracked entity, wherein the scheduled event records are capable of
7 being scheduled at calendar times that overlap with scheduled shadowed events for the at
8 least one tracked entity; and
9 displaying information on the provided scheduled event records and shadowed
10 events for a time period, wherein a conflict signal is generated if scheduled event records
11 for the user are scheduled for overlapping time periods, and wherein the conflict signal is

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12 not generated if at least one shadowed event record and scheduled event record for which
13 the information is displayed are scheduled for overlapping time periods.

1 70. The article of manufacture of claim 69, wherein the tracked entity
2 comprises an organization or a person.

1 71. The article of manufacture of claim 69, wherein the tracked entity
2 comprises a person, and wherein displaying information on the shadowed events further
3 comprises displaying location information providing a current location of the tracked
4 person provided by an electronic device with the tracked person transmitting location
5 information.

1 72. The article of manufacture of claim 69, wherein displaying information on
2 the shadowed events further comprises displaying contact information to enable the user
3 to contact the tracked entity using communication capabilities of the electronic calendar
4 device.

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